

TARRALEAH

What's on at Tarraleah

'Highland Boot Camp' Itinerary

Aim to arrive at Tarraleah between 10am & 11am to check-in, collect your Welcome Kit and Tarraleah Estate map. Meet in Wildside Restaurant at 11.30am...

Day 1

11.30am – Introduction and Orientation in Wildside Restaurant with Russell and Melanie. You will receive your Program for Round Robin Games, Mountain-biking & Kayaking and Massage.

12.00pm – Buffet Lunch in Wildside Restaurant

1.00pm – 2.00pm – Boot Camp Group Training Session (no. 1)

2.00pm – 4.00pm – According to your Program, you will be enjoying one of the following 3 activities:

- Round Robin Games – head for The Great Hall and try your hand with this fun, fast-paced session, moving between squash/racquet ball, badminton, table-tennis and gym
- Mountain-biking & Kayaking – high energy exhilaration cycling in the great outdoors and kayaking on a pristine Highland lake, we may even throw in a cross-country run for good measure!
- Massage, Spa & Sauna – yes, pampering time in the cliff-top spa house! 30 minutes of massage and time to enjoy the sauna and spa with a view

3.30pm – 4.00pm – Help yourself to the 'Healthy Snack Table' in Wildside Restaurant if you desire herbal teas, fresh fruit and nuts. If you really need that espresso, you can always drop into the Teez Café for a quick fix!

4.00pm – 5.00pm – Boot Camp Group Training Session (no. 2)

5.00pm – 7.00pm – This is 'Me' time. Your 30-minute massage may be allocated during this time, plus you can choose from the following options:

- cliff-top spa and sauna
- gymnasium
- a dip in the lake for an instant refresh
- a walk on the wild side – Quoll Track (40 mins), Waterfall Track (50 mins), Eagle Track (60 mins)

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- rest, relax, recharge – under a forest canopy, by the lake, or in your accommodation
 - there is another option – the Highlander Arms opens from 5.00pm!
- 7.00pm – Dinner in the Highlander Arms
- Post-dinner – 'Meet the natives' on this evening wildlife walk (optional activity or free time)
- Don't forget to check out the stars!

Day 2

Good Morning! Breakfast supplies are in your Cottage to enjoy at your leisure, or if staying in The Lodge, buffet breakfast is available between 7.30am & 8.30am

6.30am – 7.00am – Group Early Bird BMW (brisk morning walk) or Group PR (power run) – optional activity or sleep!

6.30am – 9.00am – Cliff-top spa, sauna & gym (optional activity or free time)

9.00am – 10.00am – Boot Camp Group Training Session (no. 3)

10.00am – 12.00pm – According to your Program, you will be enjoying one of the following 3 activities:

- Round Robin Games – head for The Great Hall and try your hand with this fun, fast-paced session, moving between squash/racquet ball, badminton, table-tennis and gym
- Mountain-biking & Kayaking – high energy exhilaration cycling in the great outdoors and kayaking on a pristine Highland lake, we may even throw in a cross-country run for good measure!
- Massage, Spa & Sauna – yes, pampering time in the cliff-top spa house! 30 minutes of massage and time to enjoy the sauna and spa with a view

12.00pm – Buffet Lunch in Wildside Restaurant

1.00pm – 2.00pm – Boot Camp Group Training Session (no. 4)

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Day 2

2.00pm – 4.00pm – According to your Program, you will be enjoying one of the following 3 activities (the one you have not yet done):

- Round Robin Games – head for The Great Hall and try your hand with this fun, fast-paced session, moving between squash/racquet ball, badminton, table-tennis and gym
- Mountain-biking & Kayaking – high energy exhilaration cycling in the great outdoors and kayaking on a pristine Highland lake, we may even throw in a cross-country run for good measure!
- Massage, Spa & Sauna – yes, pampering time in the cliff-top spa house! 30 minutes of massage and time to enjoy the sauna and spa with a view

3.30pm – 4.00pm – Help yourself to the 'Healthy Snack Table' in Wildside Restaurant if you desire herbal teas, fresh fruit and nuts. If you really need that espresso, you can always drop into the Teez Café for a quick fix!

4.00pm – 5.00pm – Boot Camp Group Training Session (no. 5)

5.00pm – 7.00pm – Here is 'Me' time again. Your 30-minute massage may be allocated during this time, plus you can choose from the following options:

- cliff-top spa and sauna
- gymnasium
- a dip in the lake for an instant refresh
- a walk on the wild side – Quoll Track (40 mins), Waterfall Track (50 mins), Eagle Track (60 mins)
- rest, relax, recharge – under a forest canopy, by the lake, or in your accommodation
- again, there is another option – the Highlander Arms opens from 5.00pm!

7.00pm – Dinner in the Highlander Arms

Post-dinner – Team up for the 'Boot Camp Health & Fitness Quiz' - there are prizes to be won!

Retire to your accommodation for a good night's sleep, for tomorrow, there is more...

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Day 3

Good Morning!

Breakfast supplies are in your Cottage to enjoy at your leisure, or if staying in The Lodge, buffet breakfast is available between 7.30am & 8.30am

7.00am – 7.30am – half an hour later this morning... Group 'not-so-early' Bird BMW (brisk morning walk) or Group PR (power run) – this is still an optional activity

6.30am – 8.30am – Cliff-top spa, sauna & gym (optional activity or free time)

8.30am – 9.30am – Group Guided Bushwalk (meet at the front of The Lodge)

9.30am – 10.30am – Boot Camp Group Training Session (no. 6)

10.30am – 11.00am – Help yourself to the 'Healthy Snack Table' in Wildside Restaurant if you desire herbal teas, fresh fruit and nuts. If you really need that espresso, you can always drop into the Teez Café for a quick fix!

Check-out of your accommodation by 11.00am

11.00am – 12.30pm – The Highland Games & Team Relays – there are more prizes to be won!

12.30pm – Buffet Lunch in Wildside Restaurant

1.30pm – 2.00pm – Boot Camp Wrap with Russell & Melanie, includes Q&A session

Don't forget to swap contact details with your new Boot Camp friends!

Optional free time to stay for the afternoon. How about a game of golf on Tasmania's highest course? (green fees are with our compliments). Or throw in a line in a nearby lake or river – you may just catch the 'big one'! Maybe just one more spa, or a leisurely stroll around Tarraleah's lake? Perhaps you are ready to do as little as possible! Hanging out with 'Fergus', the famous hairy Highland Cow may just be the perfect way to complete your Highland Boot Camp experience!

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